Spiced Salmon Tacos with Papaya Salsa

Smoky spiced salmon flaked into warm tortillas with a bright, sweet-sharp papaya salsa.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**10 min**	**30 min**	**4**	**EASY**

Ingredients

- 2 skinless salmon fillets (about 160g each)
- 1.5 tsp mild chilli powder
- 1 tsp ground cumin
- 2 red peppers (deseeded and thinly sliced)
- 8 small corn tortillas (warmed)
- 60 g natural yoghurt
- 0.5 tsp sriracha (or to taste)
- 300 g papaya (peeled and diced)
- 0.5 avocado (diced)
- 2 spring onions (finely sliced)
- 1 lime (zest and juice)
- 1 small handful fresh coriander (chopped)
- 1 tbsp olive oil

Method

1. Mix the papaya, avocado, spring onions, lime zest and juice and coriander in a bowl. Season and set aside.
2. Rub the salmon all over with the chilli powder and cumin.
3. Heat the oil in a large frying pan over a medium-high heat. Add the salmon and peppers and cook for 4–5 minutes each side, until the salmon flakes easily and the peppers have softened and caught at the edges.
4. Stir the sriracha through the yoghurt.
5. Flake the salmon into large pieces. Divide between the warm tortillas with the peppers, a spoonful of spiced yoghurt and a generous scoop of papaya salsa.

Tips & swaps

- No papaya? Mango works just as well and is easier to find in most UK supermarkets.
- The salsa can be made an hour ahead and kept in the fridge — the lime keeps the avocado from browning.

Storage & reheating

Best assembled fresh. The salsa keeps for a day in the fridge; the salmon is best eaten the same day.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
390	**28g**	**34g**	**15g**	**6g**

Estimated values, for guidance only. Contains: Fish, Milk.